

Breast Cancer Awareness on pegham.com



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October is the Breast Cancer Awareness Month



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Breast cancer is a kind of cancer that develops from breast cells.



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Every person ought to recognize the symptoms and signs of breast cancer, and any time an abnormality is discovered,



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Breast cancer signs n symptoms

Thickening of the breast tissue.

nipple discharge.

Redness or scaling of the nipple.

a nipple that retracts or turns inward.

unexplained redness, swelling, skin irritation, itchiness, or rash on the breast.



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Breast cancer is the most common invasive cancer in females worldwide.



Causes of breast cancer

Getting older

Genetics

Dense breast tissue

A history of breast cancer

Radiation exposure

Having had certain types of breast lumps

Estrogen exposure

Alcohol consumption

HRT (hormone replacement therapy)



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Preventing breast cancer

Avoid Alcohol

Do Physical exercise

well-balanced diet

**limiting hormone therapy may help reduce
the risk of developing breast cancer**

Control on body weight

**women who breastfeed run a lower risk of
developing breast cancer compared to other
women.**



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**Regular health exams and tests can help
find problems before they start**



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Health is Wealth



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